

Adaptive Recreation Adult Fall Program Brochure

Name: _____

Address: _____

City: _____ ZIP _____

Date of Birth: ____/____/____

Phone #1: () _____

Emergency Phone #: () _____

Email Address: _____

(If you wish to receive electronic program updates & notices)



PROGRAMS

Program (Check all that apply)	Cost	ZIPs*
<input type="checkbox"/> Sports Night	\$60	<input type="checkbox"/> \$60
<input type="checkbox"/> Movies, Music & A Little Bit More!	\$60	<input type="checkbox"/> \$60
<input type="checkbox"/> Swim Lessons	\$56	N/A
<input type="checkbox"/> Teen Scene	\$20	N/A
<input type="checkbox"/> Young Adults Night	\$15	N/A
<input type="checkbox"/> Get Active @ Allegro	\$25	
<input type="checkbox"/> A Day in the Park	\$3	
<input type="checkbox"/> Harvest Dance	\$5	N/A
<input type="checkbox"/> Christmas @ the Plummer House	\$10	N/A
<input type="checkbox"/> Christmas Dance	\$7	N/A
<input type="checkbox"/> Christmas Break Recreation	\$100	<input type="checkbox"/> We are requesting a 1:1 @ an additional cost of \$50

Adaptive Recreation Registration Information The Parks & Recreation Department

Dates: Monday, August 16-Friday, August 27

Office hours: Monday-Friday from 8am-5pm

Location:

The Government Center
201 4th Street SE #150
Rochester, MN 55904



Adaptive Recreation phone number:
(507) 328-2539

Email Address: kmeyer@rochestermn.gov

Web Address: www.rochestermn.gov/departments/park

Registration Options:

- 1). In person
- 2). By Mail
- 3). By phone (Visa, MasterCard, and Discover only)

PAYMENT METHOD

☐ Cash = \$ _____

☐ Check/Money Order = \$ _____
(Make payable to Park & Recreation)

☐ Bill: _____
Organization Name/Contact Person & Address)

☐ Credit Card:
____ Visa ____ Master Card ____ Discover

Name on card: _____

Card #: _____

Expiration Date: ____/____

Total amount to be charged: \$ _____



WEDNESDAYS

What is the Adaptive Recreation Program?

The Adaptive Recreation program is sponsored by the Rochester Park & Recreation Department and is a year-round therapeutic sports and leisure program for persons with a developmental disability.

Activities are designed and adapted to address the unique needs of participants who have a cognitive and/or physical disability.

If you would like more information or have questions about our program, please call the Director of Adaptive Recreation at (507) 328-2539 or visit our website at www.rochestermn.gov/parks

"MOVIES, MUSIC & A LITTLE BIT MORE!"

How about a movie night or two, some crafts & card making, learn about a new place and enjoy a night of Karaoke! Be sure to sign up and attend . . . a list of activities will be mailed to registrants before the start of the program. **LIMITED SPACE.**

WHO: Persons 18 years and older
DATES: Wednesdays, Sept. 22-Nov. 24
LENGTH: 10 weeks
TIME: 7:00-8:30 p.m.
COST: \$60.00
SITE: Bear Creek Services, 3108 Hwy. 52 North unless otherwise noted on the activity schedule.



"Give it a T-R-Y!"

If you are looking for activities that maintain/develop	We suggest:
*Gross Motor Skills . .	"Sports Night" "Swim Lessons" "Get Active Dance Series"
*Social skills and relationship building.	"Movies, Music & A Little Bit More!" "Young Adults Night"
*Just plain fun . . .	"A Day in the Park" "Harvest & Christmas Dances" "Christmas @ the Plummer House"

THURSDAYS

"SWIM LESSONS"

This program is designed to help the new or novice student become comfortable in the water and to help the student learn basic swim skills through one to one instruction. Experienced swimmers are welcome and will work on refining swim strokes and endurance.

WHO: Persons ages 18+
DATES: Thursdays, Sept. 16-Nov.18
(No instruction Oct. 22 or Nov. 11)
LENGTH: 8 weeks
TIME: 7:00-7:45 p.m.
COST: \$56.00
SITE: The Recreation Center Pool.



TUESDAYS



"SPORTS NIGHT"

Participants will have a chance to cheer on their favorite high school sports teams during outings to local games and will also get a chance to take part in sports activities including floor hockey, basketball, and kickball to name a few!

WHO: Persons 18 years and older
DATES: Tuesdays, Sept. 21-Nov. 23
LENGTH: 10 weeks
TIME: 7:00-8:30 p.m.
COST: \$60.00
SITE: Locations vary; an activity schedule will be mailed out prior to the beginning of the program.



FRIDAYS

"TEEN SCENE"

A popular program in which "Teens" plan the Friday Night activities based on the group's interests. Examples of activities include making dinner at the Plummer House, going to a high school sports game or play, seeing a movie, and bowling!

WHO: Persons 13-19 years of age
DATES: Fridays, Sept.17-Nov. 19
(No activity Oct.22 or 29)
LENGTH: 8 weeks
COST: \$20.00 (registration fee only)
 *Additional costs associated with some activities.



TIME & LOCATION: Teens will meet at Valentinos Pizzeria from 6-8:00 p.m. to discuss & plan the activity schedule for the session. Please bring \$6.00 for pizza & pop!

SATURDAYS

"YOUNG ADULTS NIGHT"

A night of fun and friends!! Participants will help determine the activities for the session based on their interests and in the past have included going to the movies, making dinner at the Plummer House, playing board games, and karaoke night!

Meet at Valentinos Pizza on Sept. 18th from 6-8 p.m. for dinner and to help plan activities for the session. Be sure to bring your ideas and \$6.00 for pizza and pop!

WHO: Persons 20-30 years of age
DATES: Saturdays, Sept. 18, Oct. 2, 16 & 30, Nov. 13
LENGTH: 5 weeks
COST: **\$15.00** (Registration fee only)*
Additional costs may be associated with some activities.
SITE: Will vary depending on the activity. A schedule will be mailed out the prior to the second night's activity.

SPECIAL EVENTS

"HARVEST DANCE"

Co-sponsored with the Knights of Columbus

Dress up like a farmer, a cowboy (or girl), a pumpkin, a scarecrow, or how about a marshmallow or some other **"friendly looking costume!"** There'll be music, dancing, and refreshments from 6:30-8:30 p.m. Pre-registration is required and will be taken until noon on Thursday, October 28. "Walk-in's" will **not** be accepted the day of the dance! **SUPERVISION IS LIMITED!**

WHO: **Persons 18 years and older!**
DATE: Friday, October 29
TIME: → 6:30 -8:30 p.m.
COST: **\$5.00**
SITE: The Mayo Civic Center

"CHRISTMAS AT THE PLUMMER HOUSE"

The Historic Plummer House will be fully decorated with garland, lights, and tree all to enjoy while we sing traditional Christmas Carols with Jenny and crafts with Wanda! Cider and cookies will be part of the festivities!

WHO: Persons 17 years and older
DATE: Monday, December 13
TIME: 6:30-8:00 p.m.
COST: **\$10.00**
SITE: The Historic Plummer House of the Arts.



"CHRISTMAS DANCE"

Dress in holiday colors (red & green, etc.). Music and refreshments are all a part of the festivities surrounding this holiday season celebration! Pre-registration is required and will be taken until noon Thursday, December 16. "Walk in's" **will not** be accepted the day of the dance!

WHO: Persons 13 years and older
DATE: Friday, December 17
TIME: 6:30-8:30p.m.
COST: **\$7.00**
SITE: Willow Creek Middle School Gym!



"CHRISTMAS BREAK RECREATION"

Youth will have the opportunity to burn off some of their stored up energy from the holidays and will play games, make crafts and go swimming. Bring a sack lunch, beverage, towel, and swimsuit daily!

WHO: Persons 18 & 19 years of age
DATES: **Dec. 27-31**
LENGTH: 5 days
TIME: 9:00 a.m.-2:00 p.m.

COST: **\$100.00.**
If needing a one: one, please add an additional \$50 to the fee.

SITE: To be determined. You will be notified by letter/email of the location in November.



"GET ACTIVE @ ALLEGRO!"

In partnership with Allegro School of Dance . . .

WHAT: The second Friday of each month Allegro will host a fun, fantastic theme-based of hour of movement, music & camaraderie. Dress up if you desire, in theme-based attire. No shoes allowed so come in stocking feet or bring your slippers!

WHO: Persons 18 years and older. If needing one:one assistance, please bring an aide.

WHEN &

WHAT: Fridays, 6:45-7:45 p.m.
Sept 10th – The 50's
Oct 8th – Hawaiian Luau
Nov 12th – Sports Dance
Dec 10th – Hip Hop

COST: **\$25.00**

LOCATION: Allegro School of Dance and Music
 2342 Superior Drive NW



"A Day in the Park @ Chesterwoods"

Sponsors: Rochester Civitan Club, Hiawatha Homes, Chester Woods & Olmsted County Parks & Recreation, Minnesota & Wisconsin Valley Girl Scouts, Friends of Chester Woods Park, Studio Academy, and Parks & Recreation.

WHAT: A variety of stations/activities include Oxbow Critters, Search & Rescue Dogs, Horse-grooming, story telling

WHEN: Saturday, September 18
Check-in - 8:30 am – 9:00 am
Stations - 9:00 am - 12:30 pm

COST: **\$3/person (no charge for support staff)**

LOCATION: Chesterwoods Park

OTHER:

- **Fishing & Hiking Trails** - on own after stations
- **Bring a Picnic Lunch if you wish to stay and picnic after stations.**
- **Dress in layers and bring along extra sweaters, sweatshirts or jackets**
- **Event:** Everyone will check in at the gate and receive a schedule, map, nametag, instructions, and details on activities.
- **Provided:** Lemonade, hot chocolate, hot tea and coffee at various stations.

ANNOUNCEMENTS . . .

Cancellation Policy due to inclement weather: all cancellations will be posted at 4:30 p.m. on the day of programming. If weather looks questionable, please call (507) 328-2539 after this time for a recorded message . . . if you call before this time, you will miss the recording!



Be watching for the Winter Program Brochure in your mailbox and online November 2010 at:

<http://www.rochestermn.gov/departments/park/classes/programs/adaptive/index.asp>